



Refresh Your Life

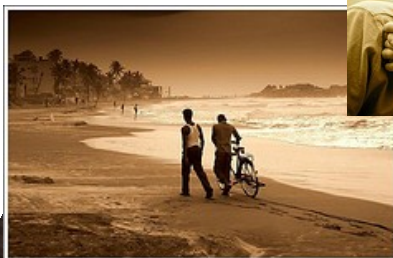
VOLUME 2, ISSUE 4, APRIL 2009

Refreshing Our Friendships

by Trudy Toll

Adult Services Librarian at
the Hayward Public Library

Refreshing our friendships might not seem at first glance to be beneficial to our health but it turns out to be just that.



There is a study out of UCLA (S.E. Taylor et. al., *Female Responses to Stress: Tend and Befriend, Not Fight or Flight*, 2000) that women's responses to stress differ from men's responses. That this is partially chemical means that it can be measured and tested. Men's responses to stress have been studied for decades. The prevailing theory was they had a fight or flight mechanism that led them to either fight the perceived threat (saber-toothed tiger invading their cave) or to flee that threat so they could fight another day when they had better odds of winning. All along the assumption was that this was the *human* response, rather than the male response. This thinking has changed.

Now it has been discovered that males respond this way partially because of the hormones that are secreted during the threat's assessment. Women, as the recent study shows, secrete a different substance, and therefore their response to stress is often very different than males.

Women secrete oxytocin during stress periods, which has a calming effect. Oxytocin is also produced during childbirth. Estrogen amplifies the effects of oxytocin, whereas testosterone diminishes them. This hormone leads women to tend both to their friends and children during stress as well as befriend others. This in turn leads to the creation and maintenance of social networks that can provide protection in the future as well as lessen stress in the present. Gale Berkowitz, who has written about the UCLA study, suggests that the effects of oxytocin on women's response to stress may explain why women typically live longer than men.

John Gray, of *Mars and Venus* fame, has written on how men and women react differently to stress and how to correctly interpret one's partner's reaction in context. He also has suggestions on how to use these differences to avoid misunderstandings between the sexes.

A related concept notes that women talk to each other more easily than men do. They tell each other what is

going on in their lives; both good and bad. Strengthening friendship bonds in this way helps reduce stress. This technique is also used in talk therapy.

While we are aging and learning, people of both sexes can keep the positive effects of developing friendships and relationships in our minds and hearts.

To combat stress and pain, tend to your loved ones and bring new people into your

life; it will calm your heart, decrease anxiety, and stimulate nurturing and socializing. Remember that spending time with your friends is actually a prescription for a good long life. Shelley E. Taylor, one of the authors of the study, contends that caregiving, altruism and cooperation are helpful and even necessary for survival of the species. Taking time for your friends is a good way to [Refresh your Life](#).

UPCOMING REFRESH YOUR HEALTH EVENTS:



High Blood Pressure

Sat., April 4. @ 11:00am

Cathy Inouye will talk about exercise and how it can positively impact high blood pressure.

Cardiovascular Health

Sat., May 30, @ 11:00am

Sue Rodearmel will speak on how to keep your heart happy through exercise.

Flexibility

Sat., June 13 @ 11:00am

Frances Sedayao will speak on how importance flexibility is and how to become more flexible with exercise.



Refresh Your Health *Reduce High Blood Pressure through Exercise*

HELP DEVELOP *REFRESH YOUR LIFE* BY JOINING THE ADVISORY GROUP. MOST DISCUSSION WILL TAKE PLACE ONLINE—VERY FEW MEETINGS TO ATTEND!

CALL 510-881-7980 OR
EMAIL LIBRARY@HAYWARD-CA.GOV

FOR MORE INFO.



Cathy Inouye Ed.D., is an Associate Professor at California State University, East Bay. On April 4, 2009 starting at 11:00am Dr. Inouye will discuss **How exercise**

can positively impact living with high blood pressure. Dr. Inouye teaches graduate and undergraduate courses in exercise physiology, and nutrition as well as exercise and stress.

The Hayward Public Library and the Kinesiology and Physical Education Department of California State University East Bay are providing a series on health education. Future sessions will address topics such as flexibility, and cardiovascular health. These ses-

sions will focus on ways in which diet and exercise can improve health.

Breath Yoga At the Hayward Public Library

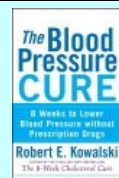
April 11 @ 3:00
May 23 @ 3:00
Once a month

Check Out These books on High Blood Pressure @ your library

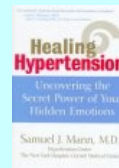
Check out our new
Refresh Your Life

Blog at
<http://www.hayward-ca.gov/refreshyourlife/>

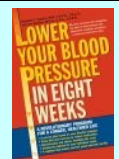
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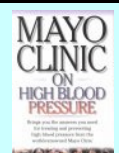
The Blood Pressure Cure : 8 Weeks to Lower Blood Pressure Without Prescription Drugs by Robert E. Kowalski.
New York: John Wiley & Sons Inc, 2008.



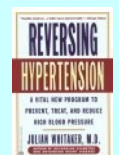
Healing Hypertension : Uncovering the Secret Power of Your Hidden Emotions by Samuel J. Mann.
New York: John Wiley, c1999.



Lower Your Blood Pressure in Eight Weeks: A Revolutionary New Program for a Longer, Healthier Life by Stephen T. Sinatra.
New York: Ballantine Books, 2003.



Mayo Clinic on High Blood Pressure by Sheldon G. Sheps, editor.
Rochester, Minn.: Mayo Clinic, c1999.



Reversing Hypertension: A Vital New Program to Prevent, Treat, and Reduce High Blood Pressure by Julian Whitaker.
New York, NY : Warner Books, c2000.



Related sources for more on this fascinating topic

From Library Databases: (begin at <http://find.galegroup.com/itx/dispatchBasicSearch.do?prodId=ITOF&userGroupName=haywardpl>, log in with your library card, then type the title)

Title: In Brief—How Women Handle Stress: Is There a Difference?.

Source: [Harvard Mental Health Letter](#) (April 2001)

Title: Women's Secret Stress Weapon.

Author: Jennifer Drawbridge.

Source: [Parenting](#) (Sept 1, 2002).

Title: Biobehavioral Responses to Stress in Females: Tend-and-Befriend, Not Fight-or-Flight.

Author: Marion Toepke McLean.

Source: [Midwifery Today](#) (Summer 2002).

Here is another article on the same study:

URL : <http://www.anapsid.org/cnd/gender/tendfend.html>

From library magazine collection: (You can check it out with your library card.)

Title : Stress Could Save Your Life (Cover Story and related articles)

Author: Mary Carmichael

Source: [Newsweek Magazine](#) (February 23, 2009)

Online:

Title: What Does Stress Feel Like?

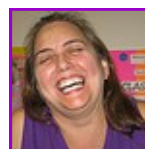
Source: The Health Center, <http://www.thehealthcenter.info/adult-stress>

Middle age is when you've met so many people that every new person you meet reminds you of someone else.

Ogden Nash <http://www.bartleby.com/66/61/41261.html>

REDUCE STRESS EVERY MONTH

Laughter Yoga



Monthly
at the
Hayward Public
Library

Saturdays, 3-5pm

Apr. 4, May 2



For more information on

[Refresh Your Life](#)

contact

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510-881-7974

Reducing Stress with Talk Therapy

If you're having problems and want someone to help, consider psychotherapy. *Harvard Women's Health Watch* explains:

"Psychotherapy, or talk therapy, addresses troubling symptoms and emotions using primarily psychological techniques. The two most popular forms are **psychodynamic** and **cognitive behavioral therapy**.

Psychodynamic therapy asserts that experiences and feelings that you're not consciously aware of can influence your present emotional well-being and ability to function. This type of therapy is useful in helping people to cope with the loss of a relationship, conflicts within relationships, or demands of shifting roles.

Cognitive behavioral therapy (CBT) is less focused on the underpinnings of feelings and instead emphasizes how to change the thoughts and behaviors that are causing the problems while learning productive responses to distressing circumstances. CBT can be used to alter difficult behaviors, such as smoking, procrastination, or phobias and can alleviate conditions such as depression and anxiety.

A good therapist can incorporate a multifaceted approach depending on the needs of the patient. The most important consideration is the rapport between patient and therapist."

For more on the benefits of talk therapy:

Harvard Women's Health Watch Eases the Challenge of Choosing Therapy

https://www.health.harvard.edu/press_releases/cognitive_behavioral_talk_therapy

Talk Therapy is Sometimes Best for Depression

<http://www.webmd.com/depression/news/20050404/talk-therapy-is-sometimes-best-for-depression>



SAVE THE DATE !
June 20 2009



**Come
join
us
to
hear
see
and
learn
from
Jan
Wahl**



Movie critic Jan Wahl is coming to the Hayward Public Library!

She will be at the Main Library from noon until 2PM on Saturday June 20, 2009.

Ms. Wahl will show some movie clips and talk about the movies. This program is free, and the public is welcome.

Call (510) 881-7974 for more information.

Mystery Book group - Hayward Main Library

6:30PM - first Tuesday of the month

April 7: *Thin Woman: an Epicurean Mystery* by Dorothy Cannell

Autobiography-Memoir Discussion Group

Hayward Main Library

6:30PM - third Wednesday of the month

April 15: *Three Cups of Tea* by Greg Mortenson

"Mostly Literary" Fiction Discussion Group

Hayward Main Library

6:30PM - second Monday of the month

Apr. 13: *When the Elephants Dance* by Tess Uriza Holthe.

Online discussion with the author on GoodReads.com:

April 16, 7:30PM Call (510)881-7700 for more info

Globetrotters Book Club - NEW

Weekes Branch Library

6:30PM - last Tuesday of the month

April 28: *Paper Daughter* by M. Elaine Mar

HAYWARD PUBLIC LIBRARY

Phone: 510-881-7980

E-mail: library@hayward-ca.gov

Main Library

835 C Street

Hayward, CA 94541

Weekes Branch Library

27300 Patrick Avenue

Hayward, CA 94544

Visit us on the Web @
www.library.hayward-ca.gov
AND

Check out our electronic newsletter @
<http://tinyurl.com/541xj8>

Check out our new

Refresh Your Life Blog at

<http://www.hayward-ca.gov/refreshyourlife/>
Come and join the fun online!

This project was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.